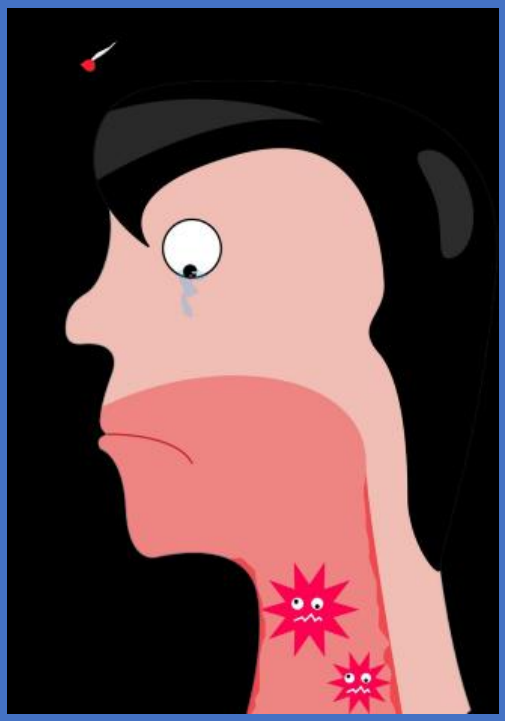
TEETH, THROAT, AND MOUTH DISEASES



Visit us at: Ahlebaitstore.com

WRITTEN BY SAYED MUSTAFA KAZMI

English translation by NARJIS MAQSOOD

DEDICATION:

We are thankful to the Almighty Allah that he has given us the opportunity to share Tib e Ahlebait with moumineen and Mominat as well as the whole world. We are gifting this struggle to the mother of Imam Hassan (A.S) the beloved daughter of Prophet Mohammad (P.B.U.H) and the wife of Imam Ali (A.S). We also gift this to Imam al Mehdi (A.S). May Allah give us more Tofeeq to spread Tib e Ahlebait everywhere to fulfill our promise with Imam Mehdi (A.S) may Allah accept this struggle, God willingly. We request all Moumineen and Mouminat to pray for us in order that we can spread Tib e Ahlalbayt around the world, God willingly.

In the name of Allah, The all beneficent, The all merciful.

content

Topic page no

Bad breath----------06
Foods to get rid of Bad Breath----------07
The bitterness of the Tongue----------19
Diseases of the Teeth----------22
Tooth pain----------28
Pain in the Teeth and gums----------39
Tooth Injuries ----------42
Diastema (space between Teeth) ----------43
Holes in the teeth----------44
Bleeding gums and Teeth infections ----------44

Gums weakness----------45
bleeding from throat and gums----------46
infection of the gums and cysts----------47
tongue rupture ----------48
cyst on the tongue ----------48
jaw and palate infection----------49
bitterness of the mouth ----------49
stammer----------50
bad breath----------51
mouth ulcer and tongue infections----------53
swelling and pain of teeth(pulpits)----------53
toothache treatment----------54
teeth, gums and throat diseases----------56
Hadees----------58

throat pain----------59
Page 60----------sore throat
Page 61----------severe swelling in throat, esophagus and mouth
Page 61----------recommended foods for sore throat
Page 63----------throat cysts
Page 64----------larynx cyst
Page 64 ----------laryngitis
Page 66----------tonsillectomy
Page 69----------goiter
Page 71----------thyroids cysts
Page 71----------Hoarseness
Page 72----------loss of sense of smell

Bad Breath

Whatever we eat, if it remains in our teeth for 42 hours, it causes bad breath. for this reason, tib e Islam recommends to do miswak and use toothpicks to clean your teeth after eating each meal. Besides that, fevers can cause bitter taste in the mouth.

Causes of bad breath:

Imam Jaffar Sadiq (A.S) said:

Whoever does not wash the meat properly and eats it, a yellow fluid will be produced in his stomach which causes bad breath.

(Al Makhasan part 2 page 334)

Imam Ali (A.S) said:

"Consuming Alcohol can cause bad breath".

(Tib e Raza)

<u>Foods that eliminate bad breath:</u>

- Saad (Nut-grass)

Imam Jaffar as-Sadiq (A.S) said:

"Eat Saad (Nut-Grass), It eliminates bad breath, and increases male-power".

(Al Mahasin, part 2, Page 426)

Imam Jaffar as-Sadiq (A.S) has said:

"clean your teeth with Saad (Nut-grass) to get rid of tooth aches and to make your breath aromatic".

(Usool- Kafi, Vol 6, Page 379)

Onions:

Imam Jaffar as-Sadiq (A.S) has said:

"Eat onions, (If Miswak is done after eating it) It removes bad breath, removes fatigue, increases Male-power and makes the skin soft".

(Al Mahsin, Part 2, Page 522)

Tara (Garlic leaves/chives)

Imam Jaffar Sadiq (A.S) said:

"Tara (chives) has four benefits: it makes the mouth fragrant, eliminate gas, eliminates hemorrhoids and prevents leprosy. (best is to do miswak after eating it)".

(Hamann vol 6 page 345)

Warm water:

Imam Jaffar Sadiq (A.S) said:

Prophet Muhammad (S.A.W) breaks his fasting with halwa and if halwa wasn't available then he broke his fast with any other sweet or dates. And if dates are not available then he uses warm water to break his fast. prophet Muhamad (S.A.W) has said drinking warm water cleans the stomach and the liver, It also makes the mouth fragrant and strengthens the teeth.

Haman vol 2 pg. 153

Wild basil

Imam Jaffar Sadiq (A.S) said:

Wild basil is the salad of prophets, it has eight benefits: It increases the appetite, cures nausea, refreshens the breath, cures illnesses and leprosy. it also fights with the diseases in the stomach.

(Usool e kafi part 6 pg 364)

Khilal/toothpick:

Imam Jaffar Sadiq (A.S) said:

Prophet Muhammad (S.A.W) said, use khilal/toothpicks after eating. It will make mouth smell good.

(Usool e kafi vol 6 pg.376)

Khidab (hair dye)

Prophet Muhammad (S.A.W) has said:
Spending one dirham on hair dye is better than spending one dirham in the way of Allah. There are fourteen advantages in it:
-It dispels air from the ears
-Brightens gloominess from the eyes
-Softens the nose ducts
-Sweetens the fragrance
-Strengthens the gums
-Clears fainting and reduces the temptations of Satan
-It gives happiness to the angels
-Gives good news to the believers and disappoints the disbelievers
-It is a type of beautification

it is a perfume and freedom in one's grave because of which Munkar and Nakir (the two angels in the one's grave) shy away.

(Alkhasal page 497, kalyni, Yaqoob, Al kafi vol6 page 482)

Henna

Imam Jafar Sadiq (A.S) has said:

Henna dispels bad odor of sweat, it will make the mouth smell good, increase the eyesight, comforts the wife and stirs up the gray hairs.

(Usool e kafi vol 8 page 483)

Kohl (Surma) / eye powder

Imam Jaffar as-Sadiq (A.S) has said:

“Applying kohl makes the mouth smell good and strengthens the eyelids”.

(Haman page 484)

Azkhar

In Islamic sources it is said that, eating Azkhar before entering the holy shrine makes the mouth smell good.

(Al Tehzeeb, Volume 5, page 319)

Miswak

Imam Ali Raza (A.S) has said:

“Arak Miswak is the best wood for the Miswak as it strengthens the gum, cleans the teeth, and refreshens the mouth”.

(Risalatu Zahabia, page 50)

Miswak with olive wood

Prophet Mohammad (S.A.W) has said:

"Olive wood is such a great wood for Miswak. It refreshens the mouth and eliminates tooth infections."

(Mostarak Al Wasayal, Volume 1, Page 369)

Raisins

Prophet Mohammad (S.A.W) has said:

"Eat Raisins, it makes one's breath pleasant, strengthens the nervous system, and removes the anger".

(Al Ihtasas, Page 124)

Berni Dates:

Prophet Muhammad (S.A.W) has said:

“Eating Berni dates will eliminates bad breath and clean the stomach”.

(Alkhasaal Pahe, Page 416)

Muskmelon

Prophet Muhammad (S.A.W) has said:

Eat muskmelon and cut its skin/peel with your teeth. It cleans the teeth, purifies the heart and whitens the teeth.

(Tib e nabi, page 27)

Powder dan- daan (teeth powder)

“Cleaning the teeth with teeth powder (Dan-Daan) before breakfast eliminates mucus, Makes the mouth smell good and strengthens the teeth”

(Tib al Aima, page 19)

Cheese

“How great is a bite of Cheese (paneer) because, it makes the mouth smell good and It digests food eaten before and after”.

(Bihar, volume 63, page 105)

Flesh of the pomegranate

Imam Ali (A.S) has said:

“eat pomegranates along with its inner flesh because it cures infected teeth (yellow teeth) and eliminates the bad breath”.

(Mahasn, vol 2, page 543)

Infection of the mouth:

Imam Ali Raza (A.S) has said:

“Doing Hijamah (cupping) under the chin eliminates mouth infections. It is beneficial for all the mouth infections”.

(Al risalatu Zahabia, page 56)

Note: applying Henna on the tongue is also beneficial.

Bitterness of the tongue

imam Jaffar Sadiq (A.S) has said:

“add Saad in Ashnann (a washing material) because, Saad makes the mouth fragrant and It Increases sexual desires”.

(Mahasan, vol 2, page 462, 232)

Directions: Use Ashnann to wash your face and hands and then you must rinse your mouth with saad.

Imam Jaffar Sadiq (A.S) said

“Onions give fine flavor, strengthen ones back and clear the skin”.

(Mahasan, vol 2, page 522 and 738)

Ayatullah Tabrizian said:

“Eating onions temporarily creates bad breath, Onions are antibacterial so it kills the bacteria that cause bad breath. Eat Tara (chives) it makes mouth fragrant”.

(Al Kafi , vol 6 , page 365)

The prophet (S.A.W) has said

“Breaking the fast with warm water will clean the stomach and liver, it will also make the mouth smell good”.

(Al kafi vol 4 page 153)

Imam musa kazim (A.S) said:

“Holy Basil (Kali Tulsi) makes your mouth fragrent”

Imam Ali Raza (A.S) said:

Whoever doesn’t want his uvula to dropped or receive ear puss, he should gargle with vinegar after eating something sweet.

(Risalatu zahabia, page 40)

Teeth diseases:

Precautions:

Holy Prophet saw has said:

“Jibril continued urging me to brush my teeth until I became fearful of the falling off my teeth.”

(Al Kafi vol 3 page 20)

How to do miswak?

Imam Ali (A.S) used to:

Do miswak up and down his teeth

(Al Kafi vol 6 page 296)

benefits of miswak

imam Jafar Sadiq (a.s) said

there are 12 benefits of doing miswak:

1. It is a sunnah of Prophet Muhammad (S.A.W)
2. the teeth remain pure
3. It Improves the vision
4. Allah is pleased with it
5. It makes teeth white
6. it protects the teeth from decay
7. It tightens the gums
8. It removes remaining food
9. It decreases mucus
10. It strengthens the memory
11. It increases your goodness
12. It pleases the Angels

(Al kafi, vol 6, Page 495)

The messenger of Allah has said:

“performing two Rak’at Salat (prayer) with one’s teeth brushed Is better than seventy Rak’at without one’s teeth brushed.”

(Al Khasal page 480)

Khilal/toothpick

Prophet Muhammad (S.A.W) has said:

how good they are who do wudhu and khilal after eating. Angels hate when food remains in your teeth.

(Makaram al akhlak page 152)

Prophet Muhammad (S.A.W) has said:

Do khilal/toothpick after eating is because it protects your mouth and teeth as well as increase your rizq/sustenance.

(Makarm al akhlak page 152)

How to keep your gums healthy

Imam Jaffar Sadiq (A.S) has said:

Arak miswak is the best miswak. It refreshens the mouth. It is a sunnah of the prophet. It strengthens the gums. Eliminates mucus and increases the vision."

(Asool kafi vol 6 page 495)

Imam Jafar Sadiq (A.S) has said:

Eat onions, it increases the male power. It removes bad breath. (if miswak is done after eating it) it strengthens the gums.

(Asool e kafi vol 6 page 384)

Imam Jaffar Sadiq (A.S) said:

Miswak arak strengthens the gums and teeth and it strengthens memory.

(Asool kafi vol 6 page 384)

Salt strengthens the gums and teeth. best salt is sea salt.

(Bahar ul anwar vol 92 page 190)

Imam Hadi (A.S) said:

comb your hair with a comb which is made with the bone of elephant. it regrows your hair and sharpens your memory. It keeps your gums pure and clean.

(Makaram al akhlaq page 72)

Prophet Muhammad has said:

Do khilal, it will clean your teeth and strengthen the gums.

(Al mihsan vol 2 page 593)

<u>Causes for pain in the teeth:</u>

imam Ali Reza (A.S) said:

drinking water after eating hot or sweet food can make your teeth fall off.

(Bihar ul Anwar vol 62 page 321)

Imam Jaffar Sadiq (A.S) Has said

Don’t brush your teeth in the shower or else it will make your teeth fall off.

(Mustarak vol2 page 26)

<u>Precautions:</u>

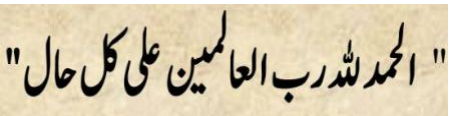
Prophet Muhammad (S.A.W) has said

Everyone should do miswak 2 times a day at least. It will sharpen the memory and reduce mucus in the body. it strengthens the gums and teeth and makes your mouth fragrant.

(Jamayah al akhbar page 151)

Imam Ali (A.S) has said:

Whenever someone sneezes recite:



It will prevent earaches and tooth aches.

(Asool e kafi vol 2 pg 455)

Holy prophet (S.A.W) said:

Cupping on head is the cure for seven diseses such as:

Headaches ,madness, leprosy, vitiligo, tooth pain, migrain, and insomia.

(Masdrak alwasail vol17 pg33)

Holy prophet (S.A.W) said

Whoever cuts there nails on Saturday and Thursday while leaving a single nail to cut for Friday, They will not have a headache and/or toothache.

(Man la yadarag vol 1 pg 128)

Tooth pain

Imam musa kazim a.s has said:

If your tooth breaks or pain occurs then put some drops of hinduwana abu jahal oil (hanzal oil) on it For three nights then put some drops of oil on the ear depending on which side your tooth pains. It will cure the pain and cavities inshallha.

(Asool e Kafi vol 8 page 194)

Directions: rain water removes the pain of tooth.

(Mafatiul janan)

someone complained to imam musa kazim a.s about his tooth pain, The imam replied that he should grind saood and mix it with rain water and make a paste out of it and apply it on the tooth depending on which is paining, the pain will go away.

(Asool kafi vol 6 pg 390)

Applying Eye powder (surma nashader) will prevent tooth pain.

(Tib ul aima pg 87)

When a tooth becomes loose:

Someone said “Abbas bin Musa had hit me on the face and my teeth had become loose, I could not chew food, so I saw my father in my dream and an old man was next to him, The old man said “what is the reason that I am seeing you like this?” I said “Abbas bin Musa gave a command to hit my face

wich had loosened my teeth” he said to me “Strengthen your teeth with saad” so I woke up next morning and I rinsed my mouth with saad, My teeth were not loose anymore.

(Asool e kafi vol 6 pg 389)

<u>Things which Strenghtens the teeth:</u>

imam baqir a.s. said:

Chewing boswellia(kondor) cleans the teeth and makes them strong.

The Holy prophet (S.A.W) has said once:

Drinking warm water cleans the stomach, cleans the liver, and elimanates bad breath and body odor. It also strengthens the teeth.

(Asool e kafi vol 6 pag 153)

Imam baqir a.s said:

Chewing boswellia strenghen the teeth.

(Asool kafi vol 6 pg 482)

Imam baqir (A.S) said:

If your teeth become weak or loose, then make them strong with wearing braces.

(Book: Haaman)

How to Whiten the teeth:

Imam ali reza (A.S) said:

Using miswak arak makes teeth white.

(Risaltul zehbiya page 50)

Prophet muhammad (S.A.W) said:

Eat muskmelon and cut its peel/skin you're your teeth, your teeth will become white.

(Tib e nabvi page 27)

Imam ali raza (A.S) said:

“whoever wants to keep his teeth white, He must clean his teeth with sea salt”

(Risalatu zahabia, Page 52)

Prophet muhammad (A.S) used to eat Ice cubes that came from the rain and his companions would collect them. The prophet said By eating ice cubes, Your teeth wont fall off but only if you use it as medicine, Otherwise they are harmfull.

(Makarmal Akhlaq, Page 31)

<u>Space between the teeth (diastema)</u>

Prophet jesus (A.S) had passed by a town and he had saw people with deformed and misplaced teeth, People complained about it to prophet Jesus (A.S) and he then said “When you sleep, You keep your mouth closed and heat from your liver comes up to your mouth and because your mouth is closed and that heat cannot find a way to get out of your mouth or body, Then that teeth goes into your

gums and weakens it". So you must open with your mouth open. So the people did this, Then there problem was solved.

Note: Sleeping with a closed mouth keeps out the oxegeon and exctrete the carbon dioxide wich cuases problems in your teeth.

If food remains in your teeth for 48 hours, Then germs get trapped into your teeth wich cuases infections in the teeth.

Imam ali (A.S) says:

"eat pomegrenate with its inner membrane, It finishes infections in the mouth and makes the mouth have a good aroma".

(Al Mahsan vol 2, Page 543)

Miswak arak removes Biofilm from your teeth wich is formed by bacteria, It also whitens the teeth, and strengthens your gums.

(Haman, Page 56)

Prophet Muhammad (A.S) has said:

The best miswak is from the olive tree, It removes biofilm and germs from your teeth and strengthens them.

(Mastdaraq al wasayal, Vol 1, Page 369)

Directions: Everyone should drink water from the rain because it strengthens your teeths roots, It purifies the aroma of your mouth and eliminates the mucus in your mouth.

NOTICE: RAIN WATER MAY BE POLLUTED

Pain in the teeth and gums.

Treatment:

- Miswak arak
- Cupping under the chin
- Gargling with Vinegar plus honey
- Clove powder applied ontop of the teeth
- Use of a Powder named Dandaan
- Use the powder of cloves and apply it on your teeth for a few minutes

Tib e sunti

- Boil the peels of pomegrenates and gargble with it, This prevents and cures the swelling of the teeth aswell as mouth infections and pain in the teeth.
- Clean your teeth with 2 teaspoons of honey mixed with 1 teaspoon of seasalt
- Gargle with Hot water added with sea salt
- Grind Garlic and apply it on your tooth to elimenate the pain
- Lemon juice is benifical for bleeding gums and toothaches.

- Chew on a wheat branch
- Apply onion paste on your teeth
- Put 2 hanzal oil drops on a cottonball and then put the cottonball on your tooth for the whole night, then take It out in the morning.
- Put 2 drops of oil in your right or left ear depending on wich side of your teeth is hurting.

The breakup of teeth

Treatment:

- Daru e istankhwansaz
- Powder senjed
- Vegetables
- Clean teeth with sea salt
- Cut the muskmelon with teeth
- Powder dandaan (use to whitens the teeth)

Distema (space between the teeth)

Cuases:

- Sleeping with your mouth closed

Treatment:

- Take 30 cloves and grind them to create a powder, Then put it in an airtight jar and leave it under the sun rays in the summer for one day aswell as in winter for 2 days. Then after that, Grind them again and add rain water. After that, Apply it to your face and head and lay down until its dry, After that, You must wash It off.
- Daru e taqweeat asab

Hole in the tooth

Treatment:

- Hanzal oil (1 drop in your ear and another on your tooth,The side depends on where the teeth os aching).

Bleeding gums and infected teeth

Cuases:

- If you don’t clean your teeth for 48 hours, the food remains in the tooth, wich causes the infection.

Treatment:

- Miswak arak
- Miswak made by olive wood
- Eating the pomegrate with its inner membrane
- Gargle with water with seasalt

Weakness of gums

Treatmen:

- Seasalt
- Miswak araq
- Vinegar
- Applying henna
- Eating onions

Bleeding from the throat and gums

Treatment:

If the cuase of bleeding is teeth then use the following:

- miswak arak,
- miswak zatoon (olive),
- Daru e mashqaq.

Infection and cyst of gums

Treatment:

- Powder dandaan

- Vinegar +honey
- Cupping under the chin
- Gargle with salt water
- Use of cloves

Tounge rupture

Cuases:

- eating hot food and liver diseases cause it

Treatment

- Jam e imam raza mixed with honey applied on toungue

Cyste on the toungue

Treatment:

- Tabashir +pomegranat extract

Palate (the roof of the mouth) infection

Treatment:

- Gargle with vinegar after eating anything sweet

Bitterness of the mouth

Treatment:

- Miswak arak
- Miswak olive tree
- Warm water
- Rain water
- Eating onins(miseak right after eating it)
- Saad

Stammer/stuttering (abnormal flow of speech)

Treatment

- Daur e luknat zaban
- Jam e imam raza with pomegranant extract
- Daur e saaf konada khon
- Mix nashadr(ammoniac) with yograt and apply on tonue
- Safron+savory drink
- Cupping under the chin

Bad breath :

Treatment:

- Daur e satar
- Gargle with saad
- Miswak arak or miswak olive tree

- Eat azkhar
- Chives
- Figs
- Date berni
- Melon
- Raisens
- Eat onions
- Apply eye powder (surma)
- End your meal with eating some basil leaves
- Applying henna
- Break your fast with warm water

Ulcer of the mouth or infection of the mouth

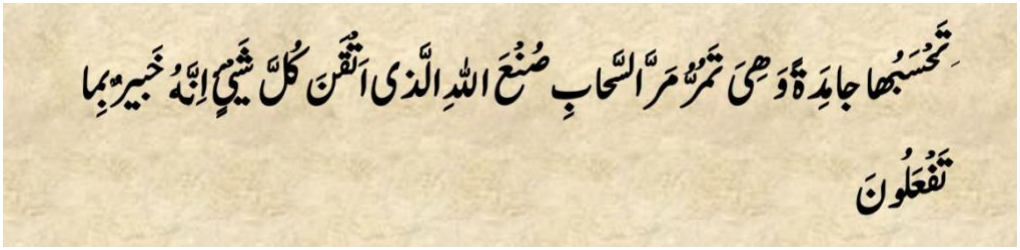
Treatment:

- Apply heanna paste on tounge for 10 minutes and then wash it off
- Daure safkonada khoon
- Cupping under the chin

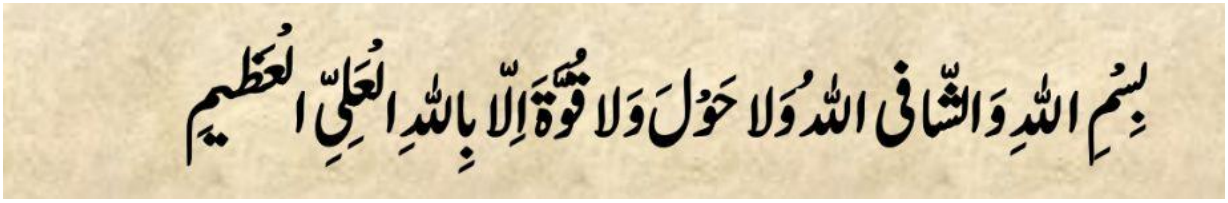
Pulpitis/pain and swelling of the tooth

Treatment from quran

Imam jaffar sadiq (A.S) has said: put your hand over the tooth which has pain and recite surah alhamd, surah toheed and surah qadar and recite:

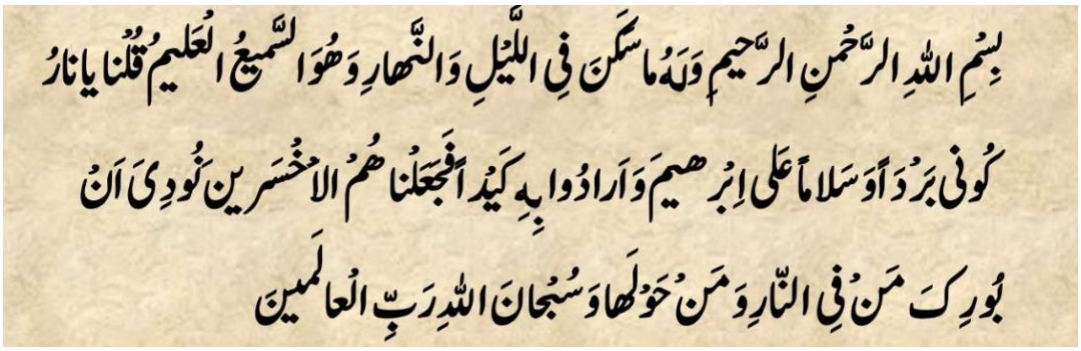


Imam ali (A.S) has said when praying rub your hand on a place you have done sajda on and then put that hand to your tooth and recite this:

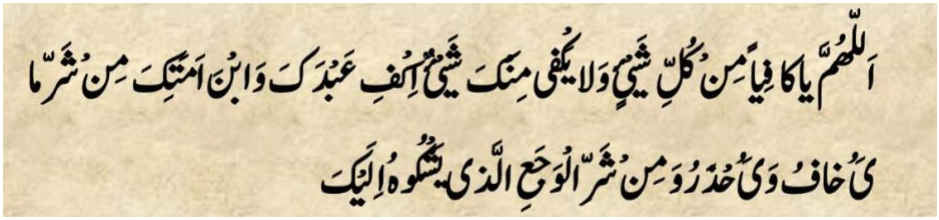


Tooth pain

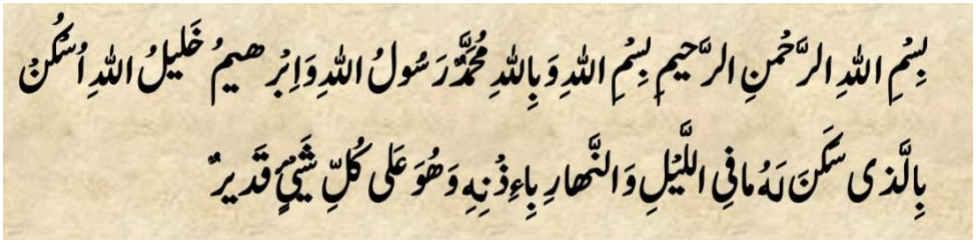
Recite surha alhamd,surha falaq,surah nas,and surah toheed and start each surah with bismaillah irhaman iramhim and then recite this dua:



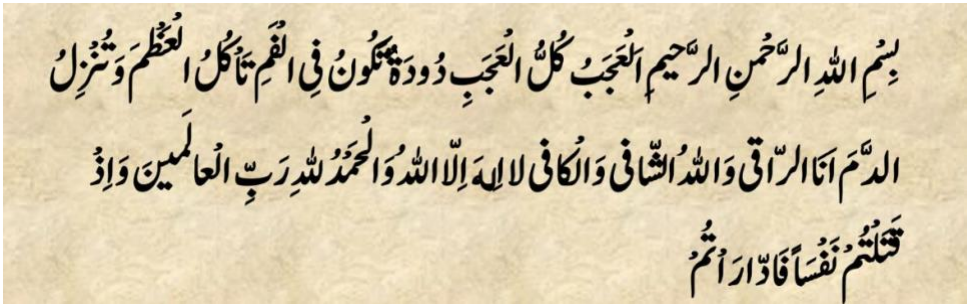
Then recite:


اَللّٰھُمَّ یَا کَافِیًا مِنْ کُلِّ شَیْءٍ وَلَا یَکْفِیْ مِنْکَ شَیْءٌ اِکْفِ عَبْدَکَ وَابْنَ اَمَتِکَ مِنْ شَرِّ مَا یُخَافُ وَیُحْذَرُ وَمِنْ شَرِّ الْوَجَعِ الَّذِیْ یَشْکُوْہُ اِلَیْکَ

In some traditions it is mentioned to use metal material like butter knives or use bowl made with leaves of dates and place it on the tooth where it hurts and then recite this dua 7 time:


بِسْمِ اللّٰہِ الرَّحْمٰنِ الرَّحِیْمِ بِسْمِ اللّٰہِ وَبِاللّٰہِ مُحَمَّدٌ رَسُوْلُ اللّٰہِ وَاِبْرٰھِیْمُ خَلِیْلُ اللّٰہِ اُسْکُنْ بِالَّذِیْ سَکَنَ لَہٗ مَا فِی اللَّیْلِ وَالنَّھَارِ بِاِذْنِہٖ وَھُوَ عَلٰی کُلِّ شَیْءٍ قَدِیْرٌ

In some traditions it is mentioned to use a wood or metal made material and recite 7 times:


بِسْمِ اللّٰہِ الرَّحْمٰنِ الرَّحِیْمِ اَلْعَجَبُ کُلُّ الْعَجَبِ دُوْدَۃٌ تَکُوْنُ فِی الْفَمِ تَاْکُلُ الْعُظْمَ وَتُنْزِلُ الدَّمَ اَنَا الرَّاقِیْ وَاللّٰہُ الشَّافِیْ وَالْکَافِیْ لَا اِلٰہَ اِلَّا اللّٰہُ وَالْحَمْدُ لِلّٰہِ رَبِّ الْعَالَمِیْنَ وَاِذْ قَتَلْتُمْ نَفْسًا فَادّٰرَاْتُمْ

this dua is mafatiul janan

Tooth and gums health:

For the strength of your tooth and gums and treatments:

- Vinegar+salt
- Honey
- Miswak arak
- Miswak olive tree
- Milk
- Hanzal oil
- Majoon arak
- Tooth pick khilal
- Eat onions
- Drink warm water
- Chew kondor(boswellia)

Throat diseases:

Ahadees

Prophet muhamma (S.A.W) said:

Start your meal with eating a pinch of salt it will prevent throat pain and tooth pain madness

(Wasial al shia vol 24 page 406)

Imam Jaffar Sadiq (A.S) said

For throat pain cow milk is is very benifical then any other medicine, you should also add the soup of wheat and barley too.

(Tib e aima)

Prophet muhammad (S.A.W) has said:

oudhindi is the cure for 70 diseases wich cuase pain in the chest and throat.

(Mastdark safintul jahraj vol 7 page 475)

Pain in the throat:

Treatment:

- Daru e musa kazim
- Jam e imam raza with honey water
- Cow milk

Sore throat:

If pain is due to swelling the cuases are the follwing:

- Infection or acidity of stomach
- It causes swelling and wound in throat

Treatment:

- Marakab 3
- Hazoom
- If the swelling or inflamtion has reached from esophaguas to mouth then use the following:
- Jam e imam raza+honey

Food for sore throat:

Treatment

- Sea salt before and after meals

- Thyme
- Boiled lemon
- Apple cider vinegar
- Cow milk
- Daru imam kazim
- Gargel with Vinegar and salt
- Gargle with warm water

If there is swelling and infection or inflamtion with pain use the following:

- Use daure safa
- Oudhindi
- Safran
- Honey plus kalvonji
- Queince seeds
- Black seed
- Saweeq nakhod
- Boil and drink Fig+fungreek

Cyst throat:

Treatment:

- Tabashir
- Daru e musa kazim

Larynx cyst:

Treatment:

- Jam e imam raza+ water of balck chickpeas
- Tabasher+honey
- Honey+kalvonji+black chickpeas soup

Laryngitis:

Treatment:

- Jam e imam raza+ honey water
- Daru e safa
- Abe anguza
- Cow milk
- Almond paste
- Apply norra on body
- Sweeq of chickpeas
- Soup of chickpeas
- Daru e saf konada sadda
- Daru e musa kazim

Tonsillectomy:

(Tonssillitis)

Tonssillitis is caused by Bacterial infections and some times viral infections. A common cause is Streptococcus (strep) bacteria which also cause a strep throat. Some times when it's a viral infection that cause tonsillits it can cause swelling and inflamation and white patches in the throat.

Sometimes when it is viral your body will fight the infection on its own. Getting lots of rest can help fight the viral infection. But if the tonsilitis is cause by bacteria then treatment is by giving antibiotics. Most of the time the tonsillites caused by bacterial infection keep coming back. The bacteria becomes antibiotic resistant and dosent get killed by antibiotics. Tonsillectomy is done If the tonnsilitis keeps coming back or wont go away, or if swolen tonsils make it hard for you to breath or eat You might need to have your tonsils taken out. Usually doctors use a sharp tool or scalpel to take out the tonsils.

If you have strep bacteria and don’t get treatment your illness can lead to sinusitis or infections that spread and deeply penetrates nearby tissues. Some times people with sinusites cant breath through the nose becuase of the swelling. In that case people breath through the mouth which causes pressure on the facial bones wich later on cause seriouse problems and this is why the tonsils are removed in childern.

Symptoms:

- A Side of the throat wich has pain
- Difficulty swallowing
- Impaired voice
- Fever with sore throat
- Enlarged neck lymph nodes
- White coating on tonsils
- Severe throat infection that comes and goes.

Treatment:

- Oudhindi ba ab baryan
- Daru e jam e imam raza with honey
- Daru e hazarat muhammad
- Daru imam musa kazim
- Daru e safa
- Fresh cow milk

Goiter:

there are many glands in our body each has its own function in the body. One of the glands is thyroid the thyroid gland is a vital hormon gland. It plays a major role in the metabolisim growth and development of the human body. It helps to

regulate many body functiond by constantly releasing a steady amount of thyroid hormons into the bloodstream. When the thyroid gland doesn't produce enough hormons or it produces excess horomons it can lead to many health issues.

Symptoms:

- swelling in the throat

- Weight gain
- Hair fall, depression ,fatigue, weakness
- Dry skin
- Chills and fatigue
- Constipation
- Muscular pain
- Memory issues
- Heart beat issues

There are two main types of goitre:

Diffuse goitre where the entire thyroid gland is swelling and feels smooth to the touch.

Nodular goiter is where solid or fluid filled lumps called nodules develop with in the thyroid and

make the thriroid gland feel lumpy to touch. In tibe ahlebait treatment is same for both types of goitre.

Treatment:

- Jam e imam raza with marzenjosh
- Sea salt
- Eating fish

Thyroid cysts:

Treatment:

- Tabasheer +marzenjosh

Hoarseness or loss of voice:

Treatment :

- Daru e saaf konada sada
- Black chicpeas soup

Loss of sense of smell:

Treatment:

Put Violet oil made in sesmea oil in the nose

All the medicines,treatments and free books are available on our website and App. Download App Ahlebaitstore.com

All the Medicines and products of tibe ahlebait are available online all across the pakistan.

Ahlebaitstore.com
For order contact us on
03129009247
03445013241
Tibeahlebait.as@gmail.com

Translation by
Nargis Maqsood(USA)